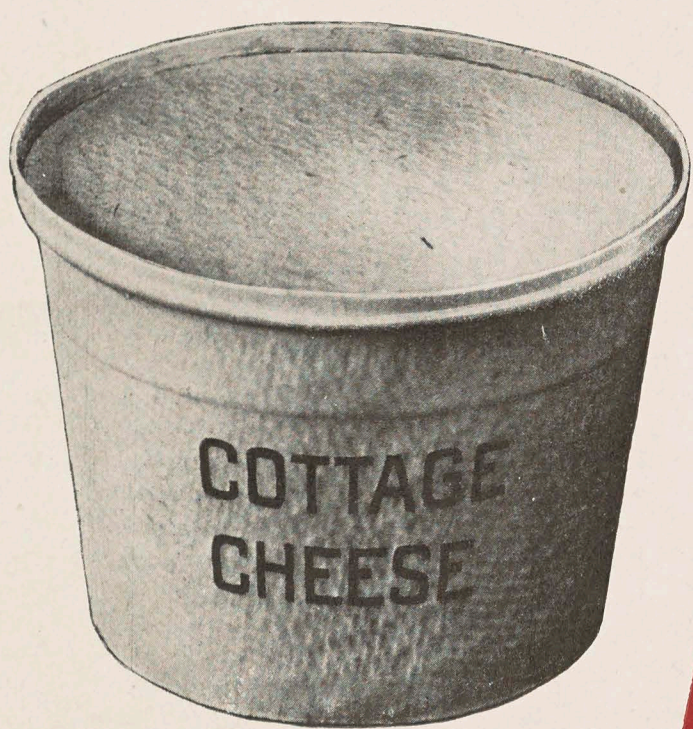


Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

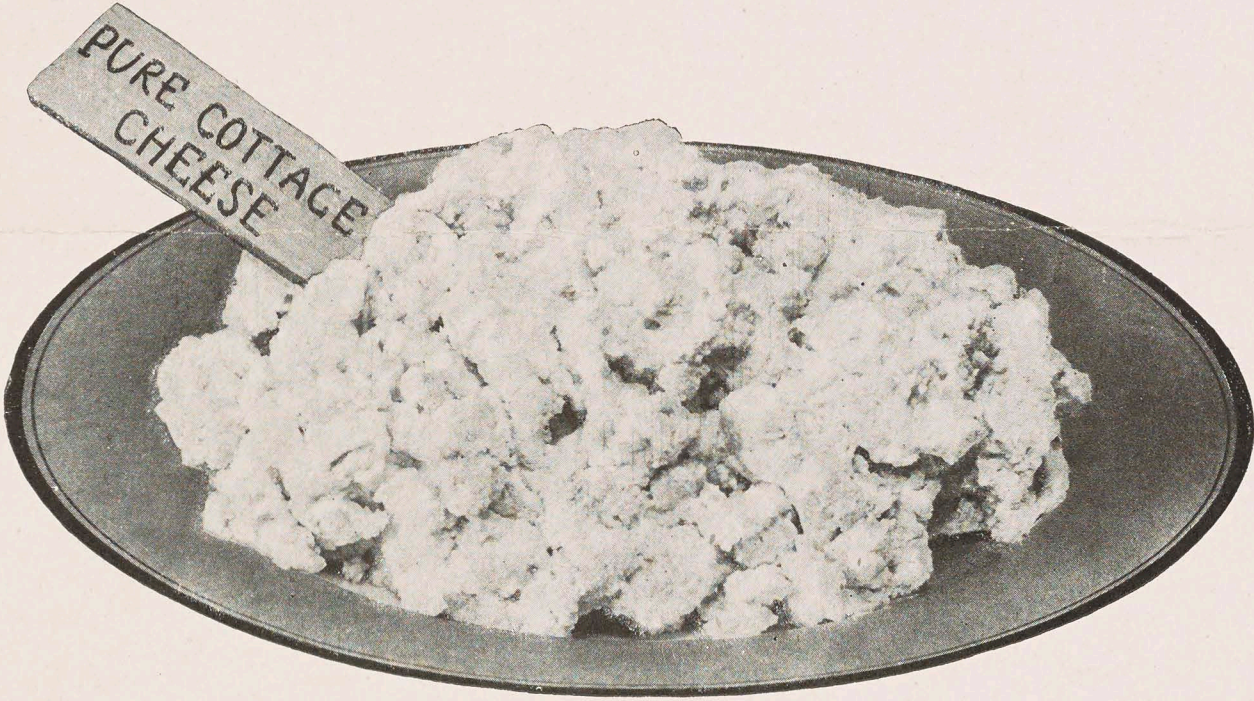
1.8
Ag 8/152

EAT MORE COTTAGE CHEESE

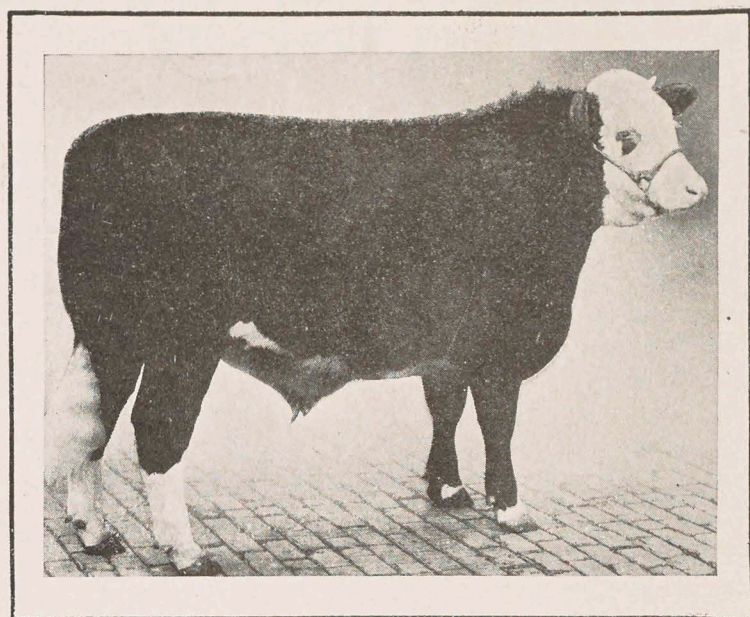


**ONE
POUND**

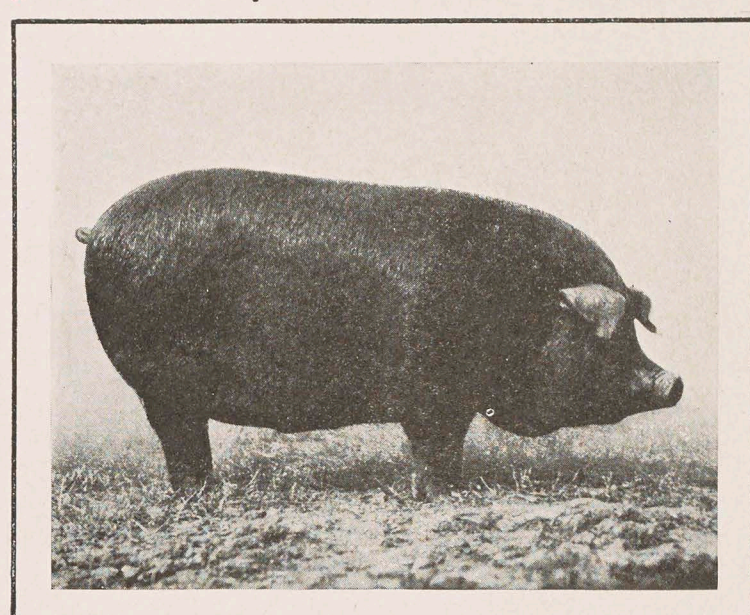
**SUPPLIES
MORE PROTEIN
THAN**



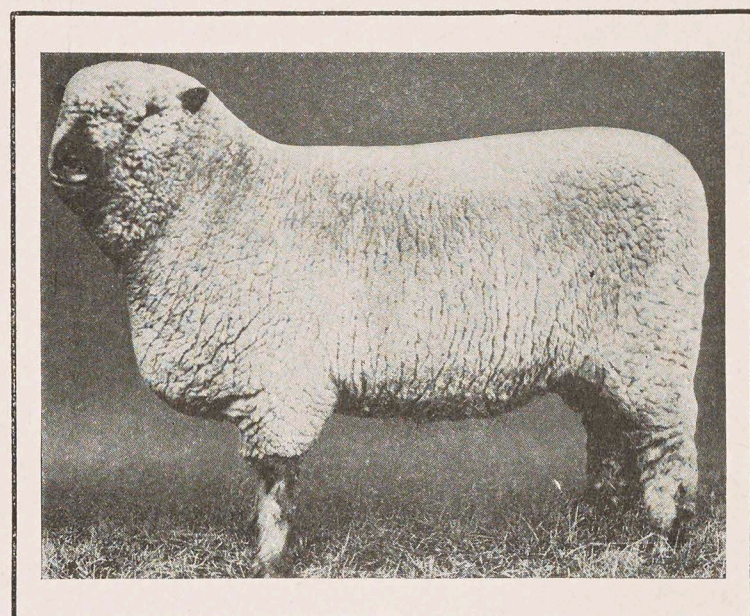
YOU'LL NEED LESS MEAT



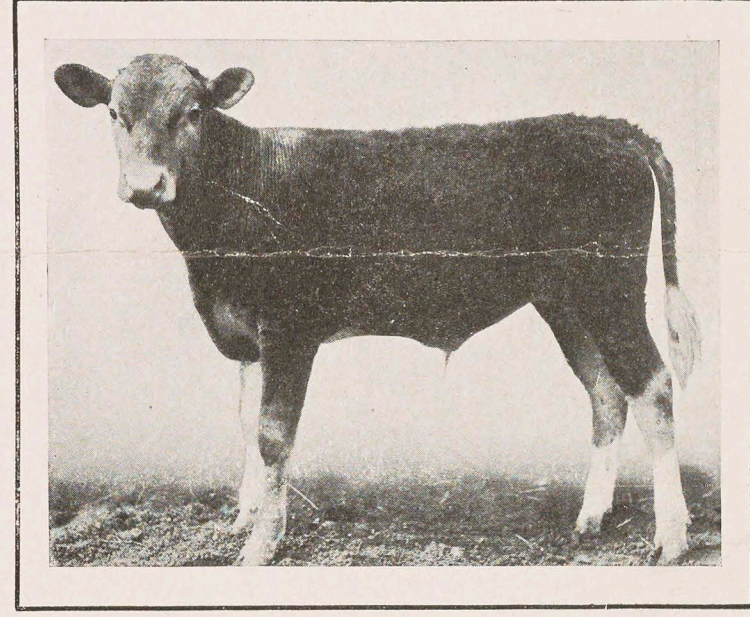
One pound of beef, or



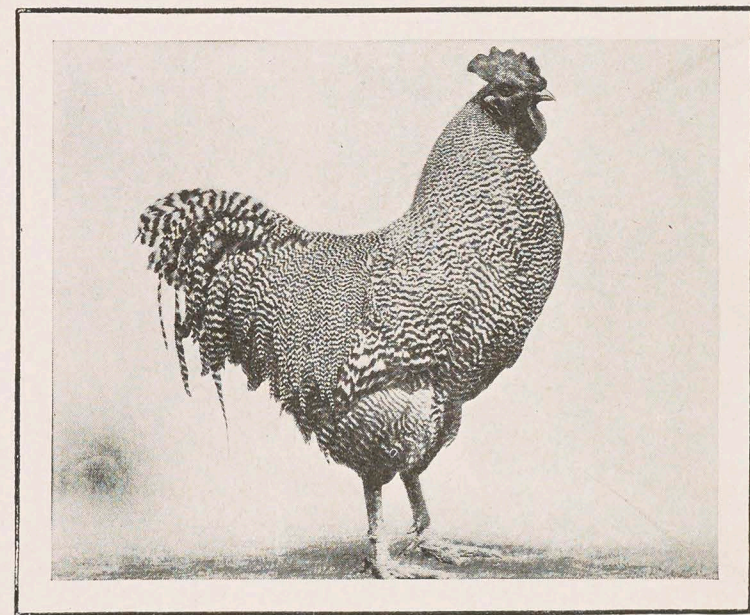
One pound of pork, or



One pound of lamb, or



One pound of veal, or



One pound of fowl

A Postal Card Will Bring Recipes

for using this meat substitute

U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.

**COTTAGE CHEESE
OR MEAT**



**ASK YOUR
POCKETBOOK**

